

# LEWIS AND CLARK "RACE ON THE RIVER" 2010

Chamberlain-Oacoma  
Chamber of Commerce  
and Fitness Club

Eagle Sales

Howard Johnson

Dakota Super  
Soakers

Edward  
Jones  
Investment

**RACE TIME/LOCATION:** The 17th Annual Lewis and Clark 10K/5K Race/Walk, and 1 Mile Fun Run/Walk will be held Saturday, July 3rd, 2010, in Chamberlain, South Dakota. The 5K (walk/run) and 10K will begin at 8:30 AM, the 1 Mile Fun Run/Walk at 9:30 AM, and the kids race around 9:45 AM. All events will start from St. Joseph Indian School's recreation center. Awards ceremony begins at 10:00 A.M. at the finish line.

**Competitive and non-competitive runners and walkers of all ages are all welcome!**

**RACE COURSE:** The race course is scenic, flat and fast on asphalt surfaces. The 1 mile Fun run/walk will travel through the campus of St. Joseph Indian School. The 5K and 10K races will run through St. Joes' Campus and then head south towards Barger Park and run along River Street. Both 5K and 10K are out-and-back courses on the same route. Water stations will be at the 1 mile turnaround and the 5k and 10K turnarounds. This route is tentative due to the bridge construction.

**AWARDS/PRIZES:** Awards will be given for male and female overall winners in the 5K and 10K races; AND for the top 3 male and female age group winners for each race in these age categories: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59 and 60+. The overall male and female winners of each race will receive one free night of lodging (for up to 4 persons) at the Howard Johnson, as well as a trophy. A \$50 award will be given to any race winner who sets a course record (5K: male 14:57, female 18:30; 10K: male 32:00, female 39:19). All 1 Mile Fun Run/Walk participants will receive a prize, as will all kids race participants. All registered runners will be eligible for our many door prizes!

**REGISTRATION:** Registration includes a race number, T-shirt, post-race drinks and snacks and a door prize chance. Pre-register on the entry form by mail until June 26<sup>th</sup> for early registration discounts. **The cost is \$15 for 5k and 10k races if preregistered / \$5 for the 1 Mile Fun Run/Walk.** (make checks to Chamberlain Fitness Council and mail to Mark Harming, 312 E. Clemmer Ave., Chamberlain, SD 57325). Any children 12 years of age or younger who are participating in any of the days' events are free.

**Registration the day of the race is from 7:30-8:15 A.M and will cost \$20 for 5k and 10k; \$10 for the 1 Mile Fun Run/Walk.**

**FREE KIDS' RACE:** At 9:45 A.M. (just prior to the Awards Ceremony), boys and girls, not participating in the other races, can run a short (about ¼ mile) race. No registration fee, just show up at 10:00 to enter - prizes will be awarded to all runners!

**OTHER EVENTS:** Many other events and attractions are available in the Chamberlain-Oacoma area, including Old West Trading Post Flea Market, boat/jet ski rentals at Cedar Shore Resort, Akta Lakota Museum, I-90 Interpretive Center, Roam Free Park, SD Hall of Fame and great fishing, swimming, camping, shopping, and dining.

**INFORMATION:** For more information, call Mark Harming at 605-680-9817 or e-mail: [coacharming@gmail.com](mailto:coacharming@gmail.com) Also see the Chamberlain Oacoma Fitness Council Blog: <http://chamberlainoacomafitness.blogspot.com/> and become a fan on facebook: <http://www.facebook.com/COFitnessCouncil?v=wall>.

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**ENTRY FORM**

NAME \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_ RACE # \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_ EMAIL \_\_\_\_\_

RACE (circle): 1 Mile 5K 10K T-SHIRT SIZE (circle one): S M L XL

I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the Chamberlain Area Chamber of Commerce, Fitness Council, the cities of Chamberlain and Oacoma, Cedar Shore Resort and any facility or individuals associated with this event for any and all injuries which may be suffered by me in connection with my participation in this event. I certify that I am in proper physical condition to participate in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent signature required if under 18 years old)

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